

July Newsletter 2015

Boot Camp Training — Boot Camp better than ever! A newly revitalized program with a new philosophy in mind, it is safe to say that you better be ready to bring it if you make Boot Camp Training a part of your morning routine.

***25787 \$56 June 29th**

Small Group Personal Training—If the large group classes and one-on-one training isn't your thing, then give Small Group Training a try! SGPT is designed to give participants that non-intimidating environment that has the structure of group exercise but the individual experience of Personal Training. This can be a 4-8 week program and depending on the initial agreement of times and days. RESCHEDULING IS PROHIBITED. Call or stop by Clay Madsen Recreation Center for more information and to get set up today!

Class size: 3-5 | 4 Weeks Min.—8 Week Max. | 1 Hour Sessions | 1-2 Days per Week | \$65 per Person

Class size: 2 | 4 Weeks Min.—8 Week Max. | 1 Hour Sessions | 1-2 Days per Week | \$95 per Person

The Outdoor Fitness Adventure

June - ***FREE*** | July - Orange - \$30 *26250 | August - Blue - \$30 *26251 | 2 month - Green \$50 *26252

Classes: Boot Camp Wild and Speed & Strength

Times: 6:00pm Monday—Thursday

Location: Round Rock West Park & Freeman Park

Personal Training – You will not find a better personal training rate than what the Clay Madsen Recreation Center has to offer. A well trained and certified team of personal trainers are at your service. Experience an one on one setting that revolves around your fitness goals to improve your overall health and quality of life this year. Select your own trainer from your computer at home or book your next appointment by simply calling CMRC and get set up with a trainer that fits into your schedule. To get started visit roundrocktexas.setmore.com

Spynergy: This fantastic indoor cycling workout will get your heart rate going and your legs burning. It's low impact, high intensity, and guaranteed to make you sweat!

Spynergy Extreme: A combination of cycling and resistance training will be sure to incorporate a wide variety of challenges. Instructor: Fitness Team

Tuesday & Thursday July 7-30 —Spynergy—9:30-10:30am *26133

Wednesday & Friday July 8-31 —Spynergy—11:30am-12:30pm *26139

Tuesday & Thursday July 7-27 — Spynergy —5:00-6:00pm *26136 (8 classes)

\$40 per month (8 classes)

Starting in July 7th

Contact Information:

J.J. Lillibridge

512-671-2704

jlillibridge@roundrocktexas.gov

Register online at RoundRockRecreation.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
\$ Boot Camp Training \$ 5:30-6:30am Judy		\$ Boot Camp Training \$ 5:30-6:30am Judy		\$ Boot Camp Training \$ 5:30-6:30am Judy	Zumba 8:30-9:30am Tina 35
(\$ Designates classes that are offered for an additional fee.					
Total Body Blast 9:00-10:00am Kelly 20	\$Spynergy X\$ 9:30-10:30am 20	Lift 9:00-9:45am Kelly 20	\$ Spynergy \$ 9:30-10:15am 10	Total Body Blast 9:00-10:00am Kelly 20	
Core Resistance 10:15-10:45am Judy 25	Pilates 10:45-11:30am Kim 35	Zumba Toning 10:00-11:00am Amy 35	Flex & Stretch 10:30-11:15am Kim 35	Zumba 10:15-11:15am Tina 35	
Zumba Toning 11am-12:00pm Amy 35	Back to the Basics 12:00-12:30p Kim 24	\$ Spynergy \$ 11:30a-12:15p 10	Zumba 11:30a-12:30p Selve 35	\$Spynergy X \$ 11:30a-12:30p 20	
Please see CMRC front desk staff for Group and Aqua Exercise Rules and Guidelines.					
	\$Spynergy \$ 5:15-6:00pm 10	Zumba 5:30-6:30pm Selve 35	\$Spynergy X\$ 5:15-6:15pm 20	Piloxing (Starts July 10th) 6:00-7:00pm Selve 35	
	Zumba Step 6:00-7:00pm Tina 35	Bokwa 6:45-7:45pm Thomas 35	Summer Group Exercise Schedule		

CMRC values fitness and wellness and provides a variety of group exercise classes for our members! For the safety and enjoyment of our classes, all participants must follow the group exercise policies and procedures. Our classes are designed to serve ages 16+ and all ability levels; modifications will be taught in each class.

BACK TO THE BASICS: The beauty of a body weight only workout is that you can do these exercises anywhere! They can be performed faster, increasing your strength and endurance.

BOKWA: participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music!

BOOTCAMP: A specialty class offered for an additional fee. A total body workout that includes: cardio, weights, plyometrics, & core conditioning. Try the class for \$7 or sign up for monthly session.

CARDIO INTERVAL: Accelerate your fitness improvements and experience how time can fly during a cardio workout when you are having fun!

CIRCUIT TRAINING: A variety of high intensity exercises all culminated into one workout going from one station to the next. Combinations of strength, core and cardio!

CORE RESISTANCE: this class will utilized resistance tubing/bands to work all major muscles along with Core strength exercises

FLEX & STRETCH: A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

LIFT - This class focuses on strength and endurance through lifting weights. Lift your way to a stronger, leaner body!

PILATES - Targets the core muscles while improving flexibility and stabilization.

PILOXING: Piloxing is a non-stop, cardio fusion of standing pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

ZUMBA STEP: is an all-round cardio workout that tones and strengthens the legs and glutes. All of the ZUMBA fitness-party fun you love.

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like

SPYNERGY: A specialty class offered for an additional fee. This cycling workout will get your heart rate going and your legs burning. The extreme part of this workout incorporates cycling, weight training and core work.